

Registration Starts:

DAC Members Mon, Nov 28 2016 8am

Non-Members Tue, Nov 29, 2016 8am

Standard Session: 5 weeks (2 x week)

Parent/Tot Sessions: 5 weeks (1 x week)

Saturday Session: 10 weeks (1 x week)

SESSIONS:

A: M/W Jan 9-Feb 8**
T/TH Jan 10-Feb 9

B: M/W Feb 22-Mar 22**
T/TH Feb 21-Mar 23

SAT: SAT Jan 14-Mar 18

P/Tot: TH Jan 10-Feb 7
Feb 21-Mar 21
SAT Jan 14-Feb 11
Feb 18-Mar 18

****No class Monday Jan. 16 or Feb. 20**

PRICES:

	Member/Non-Member
Standard/Sat. Session	\$40/\$50
Parent Tot (1x/week)	\$20/\$25
**M/W Prorated	\$36/\$45

TIMES:

Sat. Morning	T/TH Morning
<u>10:30-11:00am</u>	<u>11:00-11:30am</u>
Parent Tot	Pre 1
Pre 1	
Level 2	<u>11:35-12:05pm</u>
<u>11:05-11:35am</u>	Pre 1
Parent Tot	
Pre 2/3	<u>12:10-12:40pm</u>
Level 1	Level 2
<u>11:40-12:10pm</u>	
Pre 1	
Level 1/2	
Level 3/4	
M/W Afternoon	T/TH Afternoon
<u>4:30-5:00pm</u>	<u>4:30-5:00pm</u>
Pre 1	Parent Tot *T only
Pre 2/3	Pre 1
<u>5:05-5:35pm</u>	<u>5:05-5:35pm</u>
Pre 1	Pre 2/3
Level 2	Level 2
<u>5:40-6:10pm</u>	<u>5:40-6:10pm</u>
Level 1	Pre 1
Level 3	Level 1/2
<u>6:15-6:45pm</u>	<u>6:15-6:45pm</u>
Level 2	Level 1
Level 4/5	Level 3/4

Registration closes after the first week of lessons.

Classes with insufficient registration are cancelled the Wednesday prior to the first class.

The swimming lessons offered at the
Dallas Aquatic Center
includes a certified Lifeguard
on deck at all times.

**Our goal is to allow all swimmers of
all ages to explore the water in a safe
comfortable setting while learning
new swimming skills, and becoming
confident in the water.**

Programs available include:

Swim Lessons— all ages

Private or Semi Private Lessons

Swim Teams

Water Aerobics

Physical Therapy

Parties and Rentals

Lap Swim

Leisure and Recreation

Register online at:

apm.activecommunities.com/dac

**1005 SE LaCreole Dr
Dallas, Or 97338
503-623-9715**

www.ci.dallas.or.us/DAC



Winter 2017

Swimming Lessons



Register online at:

apm.activecommunities.com/dac

**Classes that do not meet minimum
registration requirements will be
cancelled the
Wednesday before lessons start,
so please register early!**

***No refunds will be given 7 days
before the class starts.**



BABIES & INFANTS

Parent /Tot

Children ages 6 mo.-3 yrs. Parent accompanied class. Sing songs, play games and have fun while parents learn holding positions and water safety. Swimmers will have fun and learn to be comfortable in the water.

Min 3/Max 8 swimmers in each class



PRESCHOOLERS

AGE 3 to 5

MINIMUM SKILLS REQUIRED FOR COURSE

Pre School 1

Introduction to swimming for beginners. Independence from the parents is reinforced. Basic water safety skills are stressed. Student must be able to follow teacher instruction and safety rules.

Min 3/Max 4 swimmers in each class

Pre School 2/3

Swimmers must be able to put head/face in the water with nose bubbles, float and glide on front and back unassisted for 5 seconds each.

Min 3/Max 5 swimmers in each class

SWIM LESSON CLASS LEVELS

AGE 6-18

MINIMUM SKILLS REQUIRED FOR COURSE

Level 1

Water exploration for beginners. Swimmers learn floats, glides, bobs and get comfortable in the water.

Level 2

Must be able to do floats and glides 5 seconds on front and back unassisted.

Level 3

Comfortable in deep water. Streamline glide on front and back with kick unassisted. Basic Freestyle and Backstroke for 15 feet with good body position and kicks.

Min 3/Max 6 swimmers in each class above

Level 4

Tread water for 30 seconds in deep water. Good Freestyle with side breathing and Backstroke for 25 yards. Good dolphin kick.

Level 5

Deep water dive. Tread water for 1 minute in deep water. Good Freestyle and Backstroke for 50 yards. Good Breaststroke for 25 yards. Basic Butterfly for 25 yards.

Level 6

Shallow water dive. Tread water for 2 minutes in deep water. 100 yards Freestyle with flip turns and 100 yards Backstroke with flip turns. Breaststroke for 50 yards and good Butterfly for 25 yards. 25 yards Elementary Backstroke.

Min 3/Max 8 swimmers in each class levels 4-6

Minimum enrollment: All classes have a minimum and maximum number of students required in order for the class to proceed. Some classes may not have enough students to run the class, so classes maybe cancelled or similar skill levels may be combined.



PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private lessons are offered by the Aquatic Center staff to **all age** swimmers who need individual work with their strokes and water skills. We do our best to put each swimmer with the correct instructor. We challenge each swimmer with skills based on their personal goals and what is needed to attain those goals.

Lessons are scheduled with the instructor and 24 hr notice of cancellation is required.

Private lessons: one student to one instructor
Semi-private: two students to one instructor

Rates per person / half hour session:
Private \$20.00
Semi-private \$16.00

To schedule a time, please call the pool office at:
503-623-9715.

Swim Lesson Make Up and Cancellation Policy: No make up classes. No refunds once the session has begun.

Class schedule is subject to change due to session cancellation (minimum number of students not reached) and extreme weather. In the case of a canceled class, students enrolled will be notified, and in the case of a session cancellation a full refund will be given.